

Summer Food **Summer** Fun

EVERY DAY, YOU SHOULD HAVE...

- 2-3 Servings from the Milk Group
- 2-3 Servings from the Meat Group
- 2-4 Servings from the Fruit Group
- 6-11 Servings from the Bread Group

MILK BREAD

1 cup milk or 1 slice of brad yogurt 1 ounce of cereal 1/2 cup cooked cereal, 1-2 ounces of cheese rice or pasta

MEAT

2-3 ounces of lean meat, poultry or fish The following count as 1 ounce: 1/2 cup cooked dry beans, 1 egg 2 tbs. peanut butter

VEGETABLE

1 cup of raw leafy vegetables 1/2 cup of other vegetables 3/4 cup of vegetable juice

FRUIT

1 medium apple, banana or ornage 1/2 cup of chooped, cooked or canned fruit

3/4 cup of fruit juice

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> Secretary of Agriculture, Washington, DC 20250

Summer Food Service Program

TOP TEN REASONS TO EAT WELL

- 10. Prevent disease. Reduce your risk of heart disease, cancer, diabetes and high blood pressure.
- **9. Promote health.** Enhance your level of physical fitness and your sense of wellbeing.
- 3-5 Servings from the Vegetable Group 8. Live longer, live straonger.

Celebrate good health and great taste every day of your life.

- **7. Lower medical costs.** Save money for yourself and your family and for your halth insurance plan.
- 6. Enhance life-long learning. Maximize your ability to learn and use
- new information at any age. 5. Improve productivity. Work harder,
- think more creatively, and help your visions become reality.
- **4. Keep your stamina up.** Fuel a peak performance every day--at school or on the playing field.
- **3. Keep your stress down.** Reduce the physical and mental effects of a hectic
- 2. Look great, feel great. Show of fyour healthy eating style from h ead to toe.
- 1. TASTE. Discover nutrition anytime, anywhere -- and enjoy the great taste of eating well.

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Munch Invites You to **Summer Lunch**



5-A-Day **Power Plan**

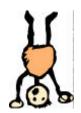
- 1. Eat a minimum of 5 servings of fruits andvegetables each day.
- 2. Eat at least one vitamin A-rich food each day.
- 3. Eat at least one vitamin C-rich food each day.
- 4. Eat at least one high-fiber fruit or vegetable each day.
- 5. Eat cruciferous vegetables like broccoli, brussels sprouts, cabbage, cauliflower, and kale several times a week.

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How many of these fruits and vegetables can you unscramble?



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prae

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grape, peas, corn, kale, celety, onion, beet Answers: lemon, apple, banana, pear, plum,